



Premier Respiratory
& Critical Care

CPAP EDUCATION PACKAGE

This information package will instruct you on how to maintain, preserve and troubleshoot your CPAP equipment.



What is Sleep Apnea?

Sleep apnea is a condition where your breathing repeatedly pauses while you sleep. When this happens, your body wakes you up to resume breathing. These multiple sleep interruptions prevent you from sleeping well, leaving you feeling extra tired during the day.

This condition does more than make you sleepy, though. When left untreated, it can contribute to heart disease, diabetes, and other long-term health risks.

Sleep apnea happens when your airway becomes blocked or collapses during the night. Each time your breathing restarts, you might let out a loud snore that wakes both you and your bed partner. Many health conditions are linked to sleep apnea, including obesity and high blood pressure. These conditions, coupled with the lack of sleep, can harm many different systems in your body.

Other common symptoms of sleep apnea include:

- dry mouth or sore throat in the morning
- headache
- trouble paying attention
- irritability

Sleep apnea can disrupt your nightly slumber and put you at risk of several serious diseases, but there are ways to control it. Treatments, such as continuous positive airway pressure (CPAP) and oral appliances, help keep oxygen flowing into your lungs while you sleep. Losing weight can also improve sleep apnea symptoms while reducing your heart disease risk.

What is CPAP ?

Sleep apnea can disrupt your nightly slumber and put you at risk of several serious diseases, but there are ways to control it. Treatments, such as continuous positive airway pressure (CPAP) and oral appliances, help keep oxygen flowing into your lungs while you sleep. Losing weight can also improve sleep apnea symptoms while reducing your heart disease risk.

This information package will instruct you on how to maintain, preserve and troubleshoot your CPAP equipment.

This information package will instruct you on how to maintain, preserve and troubleshoot your CPAP equipment.